

SPICED PEARS



QUICK

Takes less than 10 mins prep time plus cooking time

HEALTHY

Pears contains fibre which is needed to keep your digestive system working smoothly

FAMILY



MEALS

This makes a delicious dessert or snack. I like it with a spoon of Greek Yoghurt

INGREDIENTS

- 6 pears
- 1 tsp ground cinnamon
- 1 tsp mixed spice
- 6 cloves
- Optional - 50g raisins
- 100ml water

METHOD

- 1) Peel your pears.
- 2) Put spices into a saucepan and add 100 ml water.
- 3) Core and slice the pears lengthwise into 6 pieces
- 4) Add to the saucepan
- 5) Cover and bring to the boil, then simmer till soft – about 20 mins
- 6) If you want to add raisins – add them for the final few minutes
- 7) Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com